Ways to Stay Stressed Out During Deployment

- Worry about everything!
- Focus only on the negative, and get rid of any and all positives…..
- Feel sorry for yourself……
- Expect the worst- and even find it!
- Hold tightly onto your problems and mistakes…..
- Do not forgive!
- Find daily discouragement and dissatisfaction…..
- Practice my way or the hi
- Be critical of others as we
- Harbor grudges